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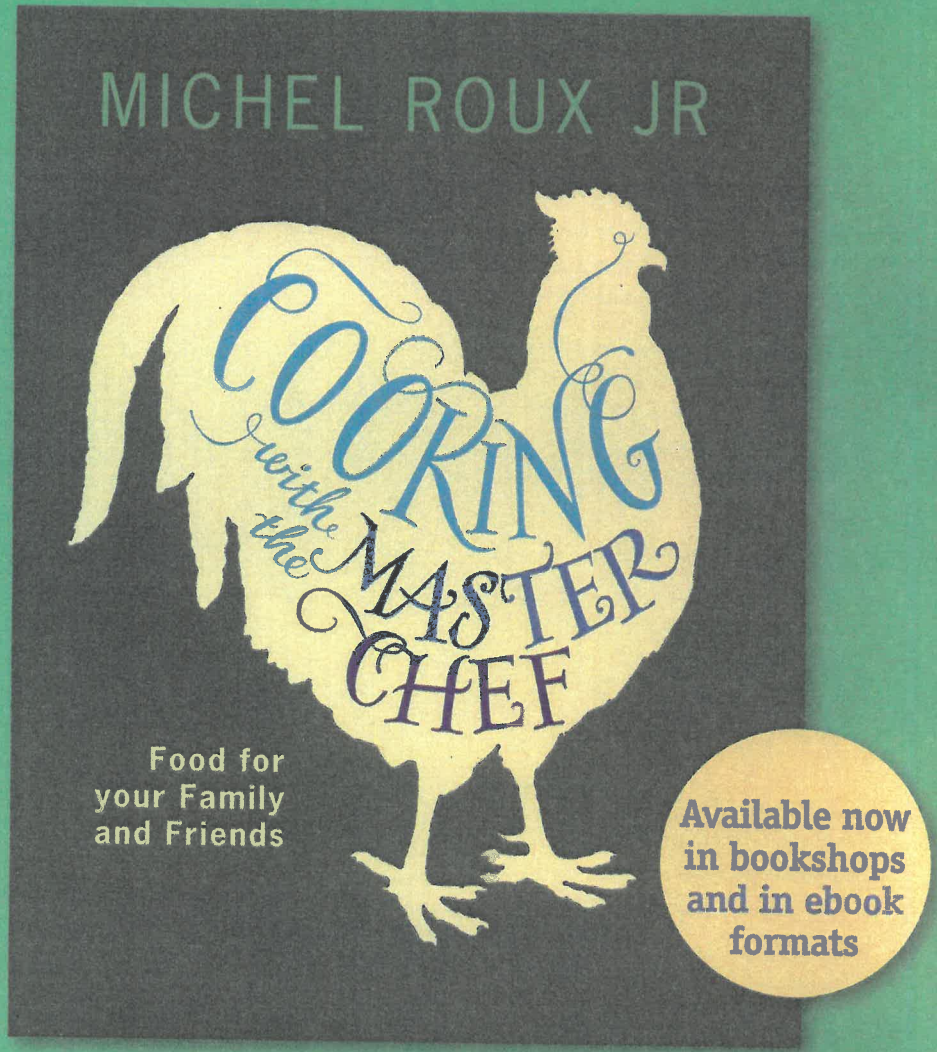
MICHEL ROUX JR
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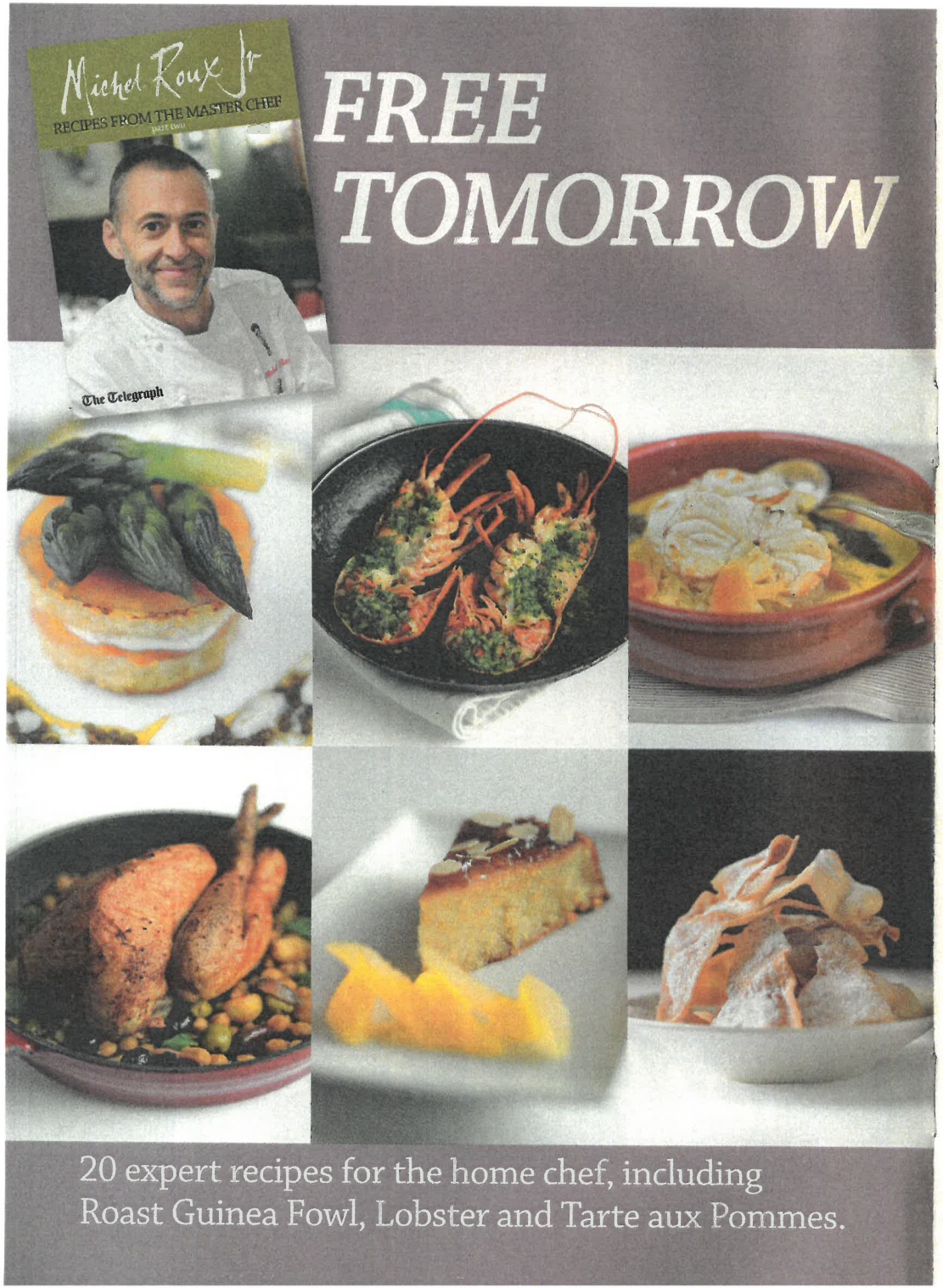
W&N

Michel Roux Jr

RECIPES FROM THE MASTER CHEF

part one


Michel Roux Jr
RECIPES FROM THE MASTER CHEF
The Telegraph
FREE
TOMORROW
20 expert recipes for the home chef, including
Roast Guinea Fowl, Lobster and Tarte aux Pommes.

For me, when it came to food, my family was my first and lasting influence. They are imbued with that French reverence for food – everything relating to food is taken very seriously. Meals were never hurried!

In this, the first of two booklets, I want to celebrate the really great food that I have grown up cooking for my family and friends. Some are simple classics – a wonderful Beetroot Salad for instance, and some like the Gnocchi recipe will be a bigger test of your culinary skills. However, I can guarantee that all of them have something in common – they are all worth the time and effort and they all taste delicious! Seasonal ingredients are always best, and try and use the best quality you can afford. And here's a good tip – make friends with your butcher and fishmonger. They can do a lot of the preparation for you and help you to make the best choices.

My passion for food and cooking is as strong now as it ever was. I hope I can pass on that passion to you with these recipes, and help you create your own little piece of magic in your own kitchen. Bon appétit!

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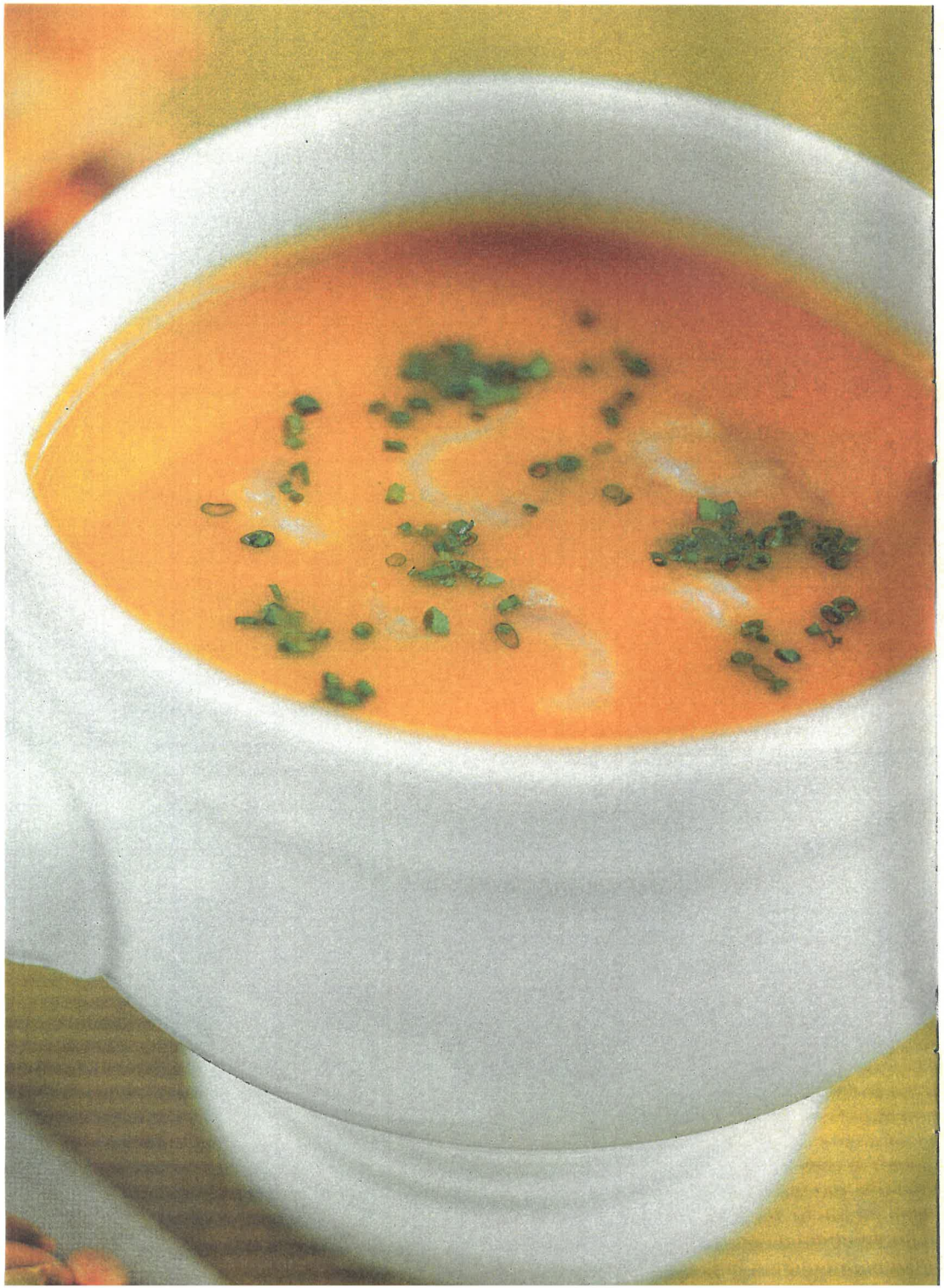
All cooking times and temperatures are a guide only as ovens and cookers vary. Recipes extracted from *Le Gavroche, A Life in the Kitchen* and *Cooking with the Master Chef* (Weidenfeld & Nicolson www.orionbooks.co.uk). Drive the market for sustainable seafood by buying items carrying the Marine Stewardship Council (MSC) logo to be sure your fish is from a sustainable supply, or choose organic farmed fish. It is also better to buy fresh fish in season, when it is in more abundant supply.



Squash and Shrimp Soup

Serves 4

4 x 175g squash or 1 x 700g pumpkin (unpeeled weight)

4 shallots, diced

olive oil

salt and pepper

grated nutmeg

1 litre chicken stock (see below)

200g peeled brown shrimps

Chicken stock
(makes about 4 litres)

2kg chicken bones or wing tips

1 calf's foot, split

5 litres water

1 onion

1 small leek

2 celery sticks

2 sprigs thyme

If using small squash, such as acorn squash, the soup can be served to your guests in the hollowed-out skins. If you are using a big pumpkin, then it can be brought to the table as a tureen.

If using the squash or pumpkin for serving this soup, slice off the top and hollow out the flesh and seeds using a spoon. Otherwise, cut away the skin with a knife. Cut the flesh into very small dice.

Sweat the squash or pumpkin, and shallots, in a little olive oil until soft but not coloured. Season with a generous amount of salt, pepper and nutmeg, then pour in the stock. Bring to a simmer and cook for 20 minutes.

Take the pan off the heat and, using a hand-held blender or food processor, blend until smooth. Add the shrimps just before serving.

Chicken stock

Place the bones and calf's foot in a large pan, cover with the water and bring to the boil. Skim off the scum and fat that comes to the surface. Turn the heat down, add the remaining ingredients, either whole or cut in half, and simmer for 1½ hours, skimming occasionally. Pass through a fine sieve and leave to cool. This can be kept in the refrigerator for up to 5 days, or frozen.

Tunisian Grilled Vegetable Salad

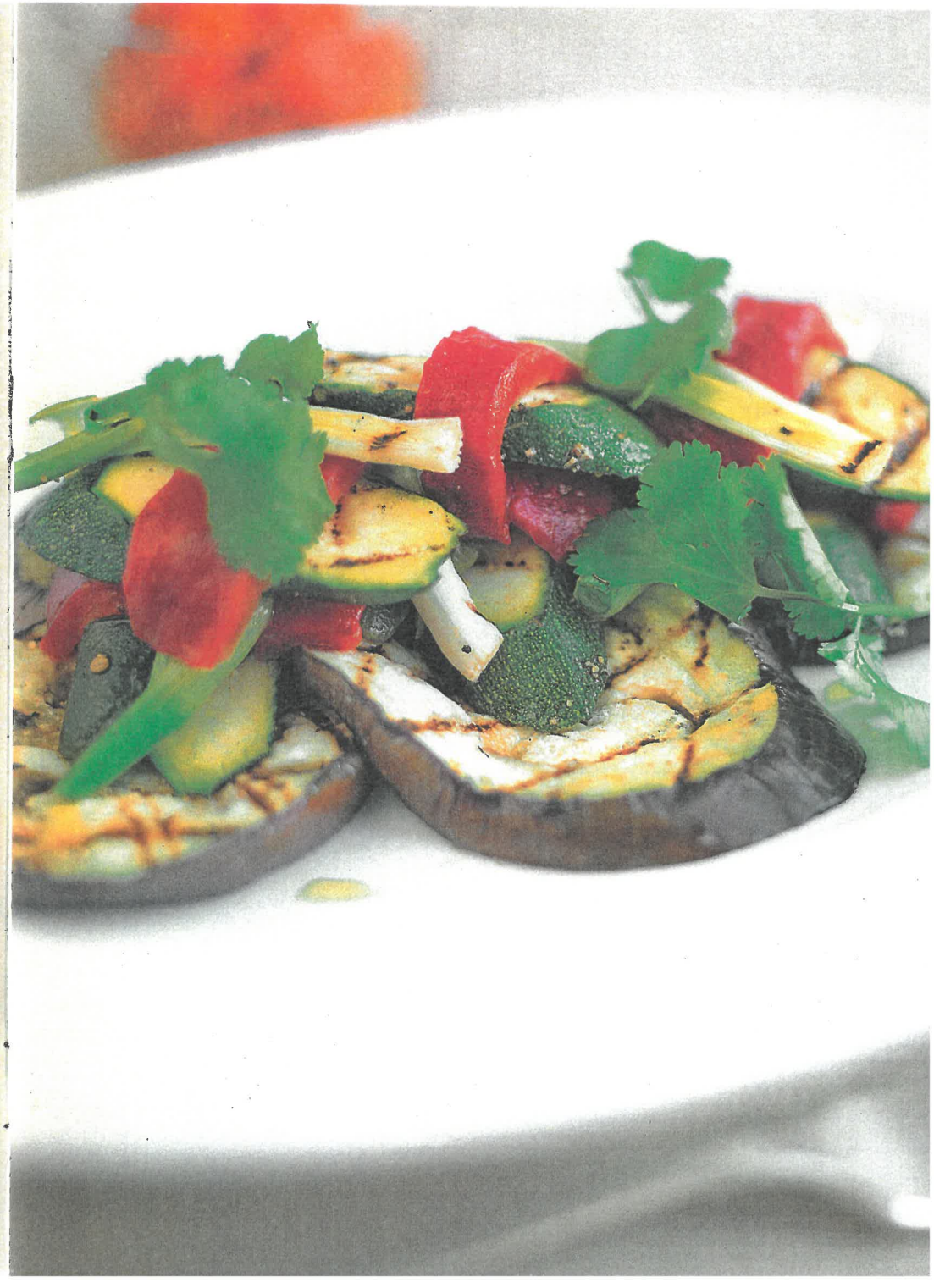
Serves 6

6 plum tomatoes
salt and pepper
juice of 2 lemons
a pinch of saffron strands
2 teaspoons cumin seeds
½ teaspoon harissa
2 garlic cloves, chopped
2 tablespoons olive oil
12 new season spring onions
3 green peppers
3 red peppers
1 large courgette
2 aubergines
coriander leaves

Blanch the tomatoes in boiling water, refresh in iced water and skin. Cut them in half and chop roughly. Cook the tomato flesh in a scalding hot, non-stick pan for 2 minutes until it becomes pulpy. Add the seasoning, lemon juice, saffron, cumin seeds, harissa and chopped garlic, then take off the heat and whisk in the olive oil.

Preheat the grill. Cut the onions in half and grill on a cast-iron griddle, leaving them slightly crunchy. Roast the peppers under the hot grill until blackened all over, cover with clingfilm and leave to cool. When cool, peel off the black skin, remove the stalk, core and seeds, and cut into wide strips. Set aside.

Cut the courgette and aubergines into 6mm slices and grill on both sides. Leave to cool. Season the cold vegetables and arrange on plates with a little of the tomato dressing in between. Garnish with coriander leaves.



Soft-boiled Egg with Smoked Salmon, Asparagus and Caviar

Serves 6

30 small asparagus tips

salt and pepper

4 slices smoked salmon

2 tablespoons double cream

2 tablespoons horseradish

4 eggs

3 tablespoons Sevruga caviar

olive oil

12 round brioche bread toasts, about 1cm thick, 3–5cm wide

First, peel the asparagus by laying the spears flat on a work surface and, using a vegetable peeler, start peeling 3cm down from the tip. Some asparagus has two layers of skin, so make sure both are removed; the flesh should be white when peeled.

Now trim to 4cm lengths. Cook in a pan of boiling salted water for about 5–7 minutes or until just tender, then immediately refresh in ice-cold water and drain well.

Cut the smoked salmon slices into 18 circles, using a cutter the same diameter as the brioche.

Whip the cream and add to the horseradish.

Cook the eggs in boiling water for 3½ minutes, then hold under cold running water for 10 seconds, and peel while still hot. Put the eggs into a warm dish and break them up with a fork (the yolks should be runny and the whites solid). Season with a little pepper and gently fold in the caviar.

Reheat the asparagus in a pan of boiling salted water, drain and roll in a little olive oil to make them glossy.

Put a small dollop of horseradish cream in the centre of each serving plate, then a smoked salmon circle, more horseradish and then the lightly toasted brioche slice. Repeat the layers to finish with two brioches and three smoked salmon circles on each plate. Arrange the asparagus on top and spoon the egg and caviar mixture onto the plate, around the brioches.

Spicy Raw Beef with Quails' Eggs

Serves 4

800g sirloin steak
(400g for a starter)

12 cornichons (small French gherkins), chopped

6 shallots, finely chopped

1 tablespoon super-fine capers

1 tablespoon tomato ketchup

1 tablespoon Dijon mustard

2 tablespoons mayonnaise

2 tablespoons chopped parsely

dash of brandy

Worcestershire and Tabasco sauce

salt

4 quails' eggs

80-100g cooked truffle,
thinly sliced (optional)

Use sirloin steak, as the grain of the meat is not as stringy as fillet and not as chewy as topside. The beef should be of the best quality and never frozen. For this recipe, I prefer to use beef that has been matured for only 1 week. All the ingredients can be prepared in advance; even the meat can be chopped a few hours before serving as long as it is kept cold, but the mixing must be done at the last minute.

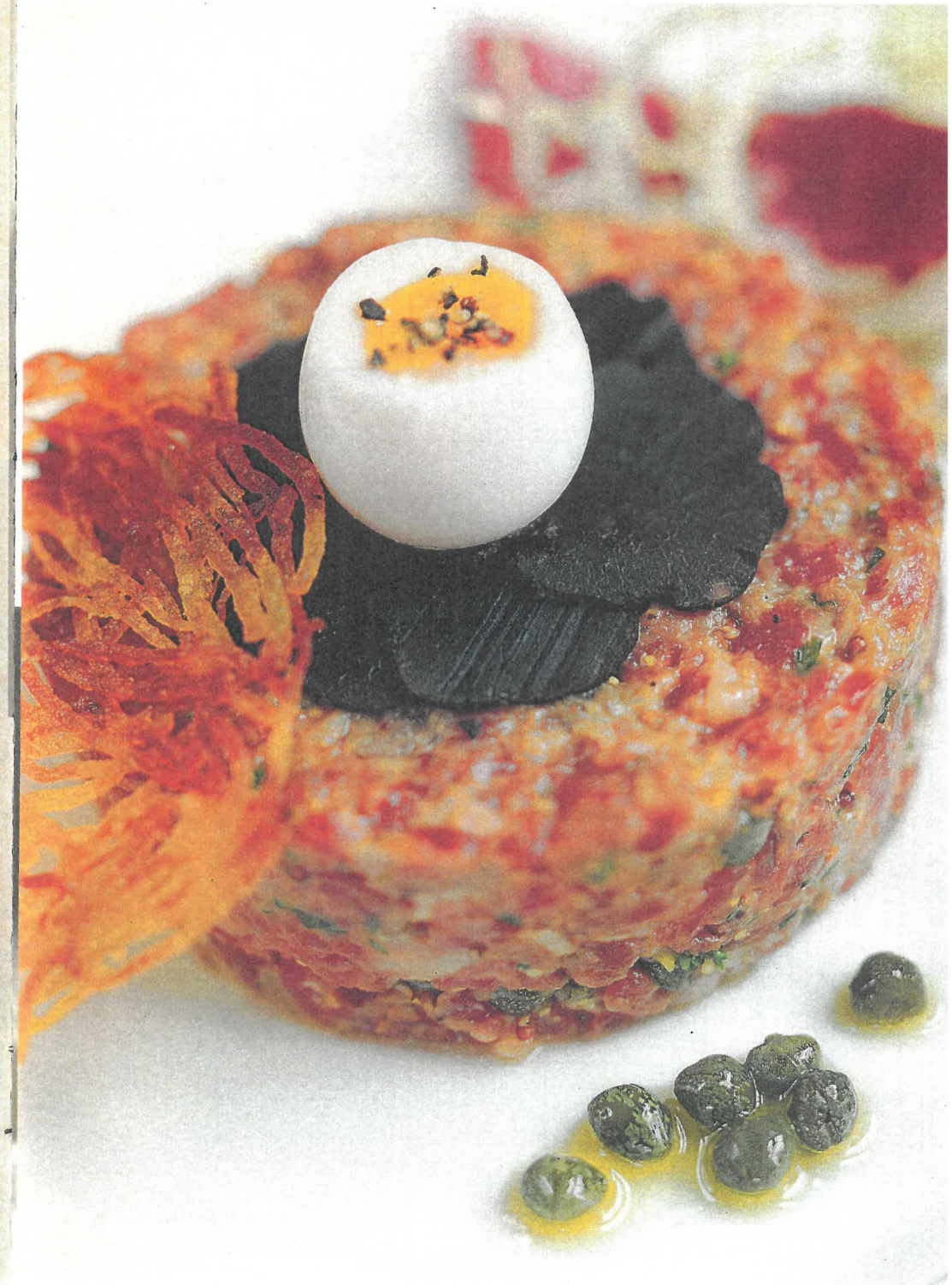
Remove any sinew and fat from the sirloin, then with a sharp, thin-bladed knife cut into thin slices. Lay these flat on a chopping board and cut into strips, then cut across to make very small dice. you can use an electric mincer, but I find it changes the texture of the meat. Put the chopped steak into a big bowl in the refrigerator.

Just before serving, mix the gherkins, shallots, capers, ketchup, mustard, mayonnaise, parsley and brandy with the chopped meat and season with the Worcestershire and Tabasco sauces, and salt to taste. Divide the meat into four and shape into patties.

I like to place some thinly-sliced truffle and a soft-boiled quail's egg on top and serve with a curly endive salad, chips or a crispy potato galette (see below). Drizzle the plate with sour cream thinned down with a little cold water.

Potato galette

Peel and wash a Desiree or Maris Piper potato, then grate or shred finely. Heat a little olive oil in a small hot frying pan; drop in spoonfuls of the grated potato, press down with a spatula and cook until crispy on both sides.



Beetroot Salad

Serves 4

500g beetroot

coarse salt

red wine vinegar

olive oil

salt and pepper

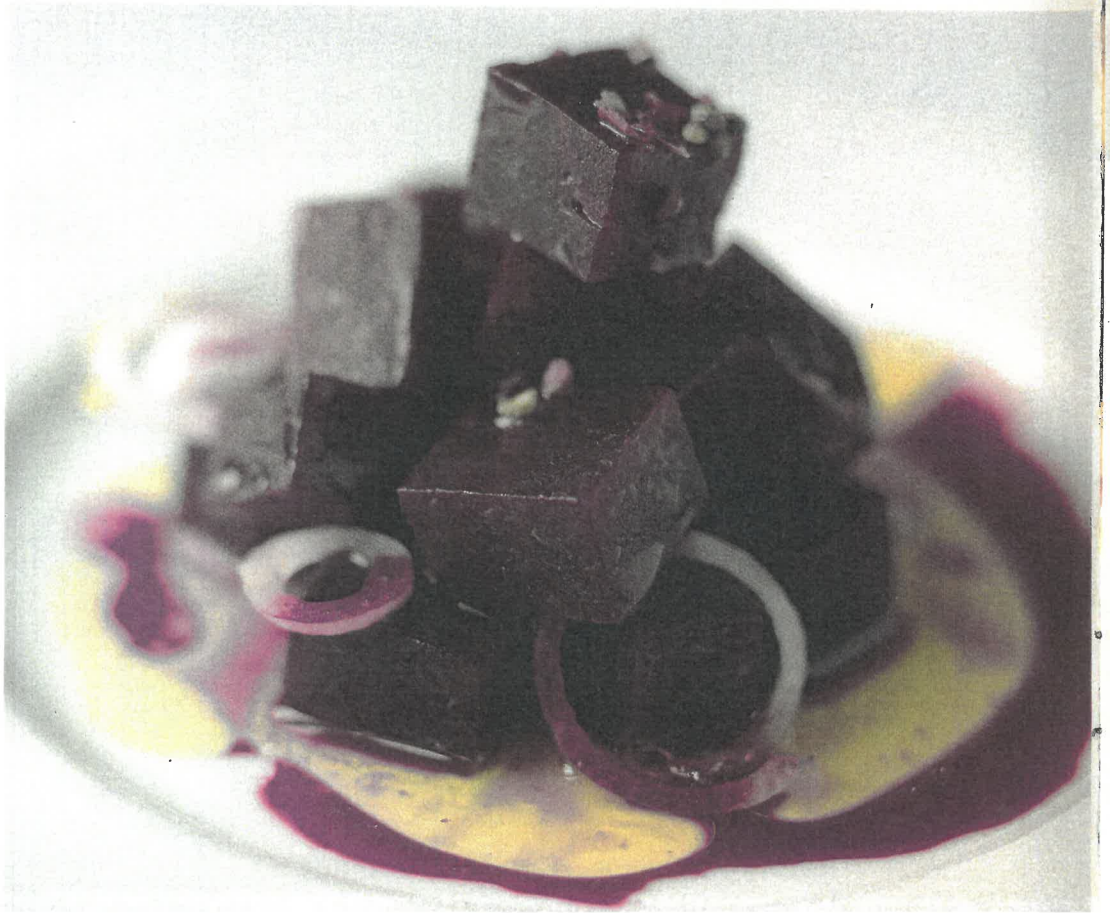
Brittany shallots, peeled and thinly sliced

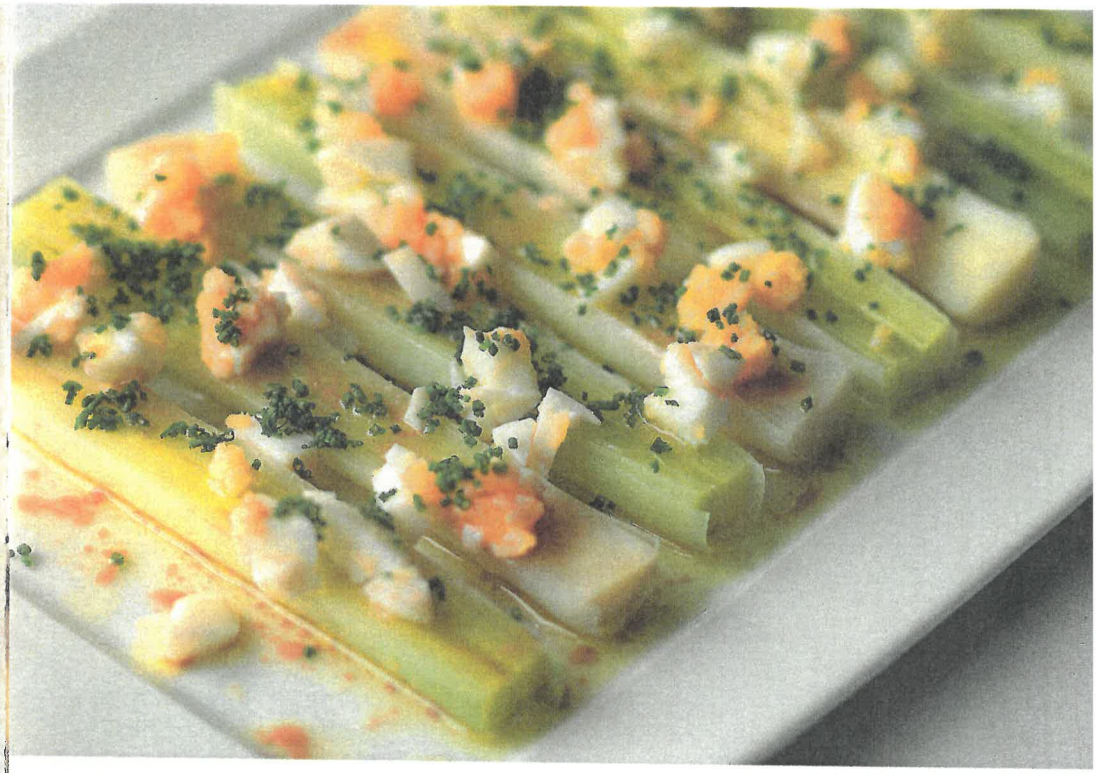
parsley, chopped

For all recipes, beetroot is always better roasted rather than boiled.

Wash and scrub the beetroots if necessary. Place in a pan on a bed of coarse salt and bake in an hot oven, 180°C/Gas 4, for an hour, depending on size. The beetroot should be tender when pierced with a knife. When cool enough to handle, peel away the skin and cut up the flesh into dice.

Season while still warm with a generous splash of red wine vinegar, olive oil, salt and pepper. Add the shallots and chopped parsley.





Leek Salad, Egg Vinaigrette

Serves 4

16 leeks, washed

2 tablespoons Dijon mustard

2 tablespoons red wine vinegar

salt and pepper

4–6 tablespoons water

300ml vegetable or peanut oil

2 eggs, hard-boiled

1 bunch chives, snipped

When leeks are young and tender there can be no better way to enjoy them than in this simple French classic.

Trim the dark green tops of the leeks, leaving about 3cm of the light green. Cook the leeks in boiling salted water until tender (about 6 minutes). Drain and lay flat on a rack to cool while you make the vinaigrette.

Place the mustard, red wine vinegar and seasoning in a bowl with a little of the water. Whisk as if making a mayonnaise, slowly adding the oil to emulsify the vinaigrette. Add a little more water if the mixture becomes too thick.

Cut the leeks in half lengthways and place on a dish or plate. Scatter over the chopped egg and snipped chives. Drizzle with the vinaigrette and eat before the leeks get cold.

Roast Gilt-head Bream with Citrus Fruit Vinaigrette

Serves 4

4 gilt-head bream (400–500g each)

1 orange

1 lemon

1 pink grapefruit

salt and pepper

4 tablespoons extra virgin olive oil

2 shallots, finely chopped

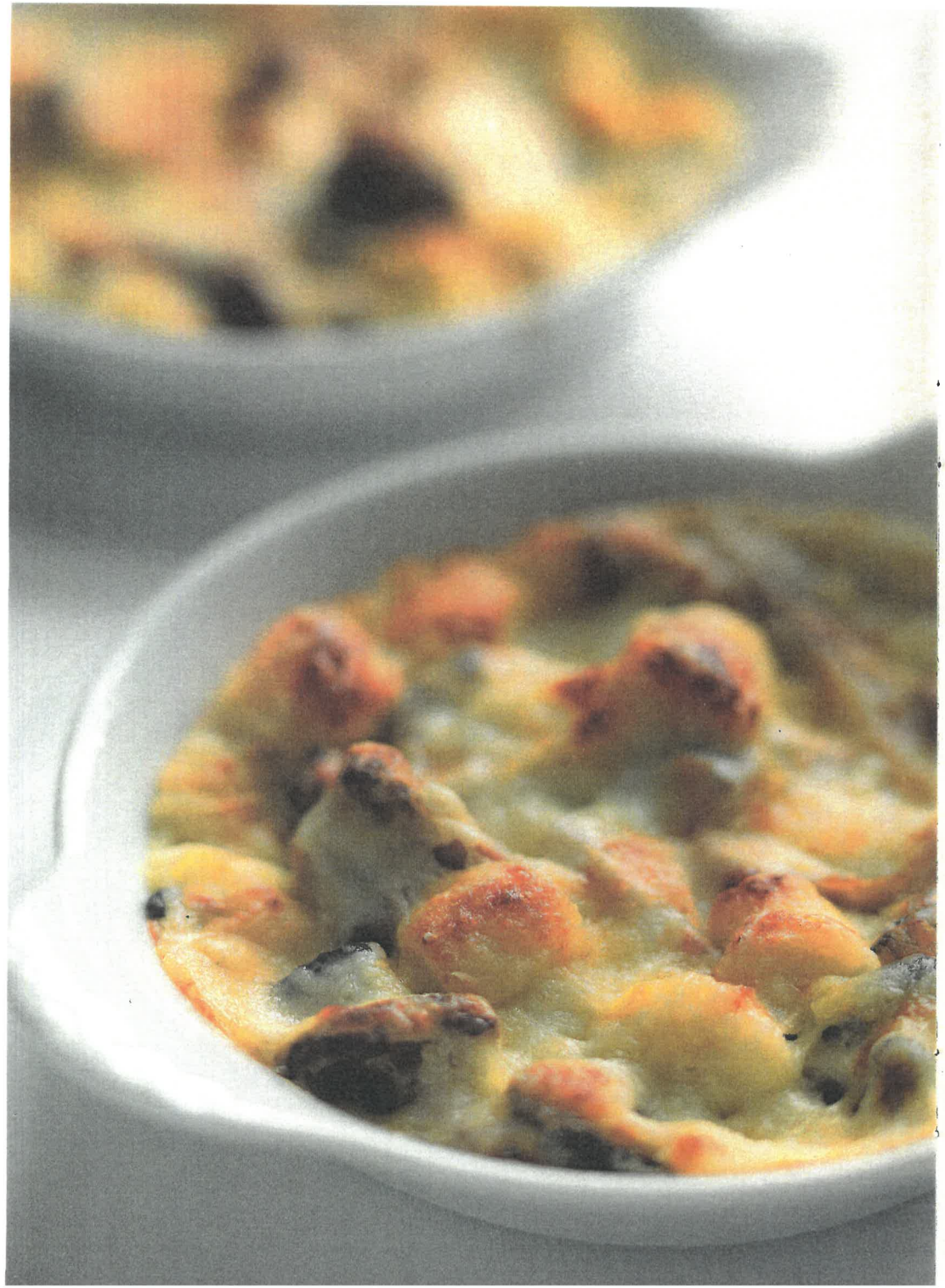
2 sprigs basil, leaves only, shredded

Get your fishmonger to scale and gut the fish.

Preheat the oven to 220°C/Gas 7. Peel the fruit and segment, removing all the pith, holding the fruit over a bowl to collect the juices.

Slash the skin of the fish three times on each side, and season with salt and pepper. Cook in a non-stick ovenproof pan with a drop of olive oil over a high heat to crisp the skin, turning the fish after 3 minutes. When both sides are browned, place in the oven for about 5 minutes, depending on the size of the fish.

Take the fish out of the pan and place them on plates or a serving dish to keep warm. Serve a whole fish per person or smaller portions, if preferred. Put the shallots in the same pan with 1 tablespoon of the olive oil and cook briskly for 1 minute. Add the fruit juices and reduce by a third; pour in any juices from the fish. Add the fruit segments and the remaining olive oil, then immediately take the pan off the heat and pour over the fish. Sprinkle with the basil leaves and serve; this should be warm, not hot.



Gnocchi with Wild Mushroom Gratin

Serves 4-6

Choux pastry

250ml water

100g butter

a pinch of salt

a pinch of ground white pepper

1 teaspoon dry cep powder (optional)

125g plain flour, sifted

3 free-range eggs

Béchamel sauce

30g butter

30g plain flour

350ml milk

salt and pepper

grated nutmeg

1 sprig thyme and 1 bay leaf

Filling and topping

360g mixed wild mushrooms

olive oil

2 garlic cloves, crushed

60g Cheddar, grated

40g Parmesan, grated

Start by making the choux pastry mixture for the gnocchi. Bring the water and butter to the boil with the seasoning. As soon as it boils, take the pan off the heat and stir in the flour with a spatula. When this is well mixed and smooth, return the pan to the heat. Cook over a medium heat for 2–3 minutes, stirring vigorously all the time. Take off the heat and beat in the eggs one at a time. Put the choux paste in a piping bag with an 8mm hole. Gently squeeze the bag over a pan of boiling salted water, and using a small, sharp knife, cut the paste into roughly 1cm lengths as it comes out. Simmer the gnocchi for 5 minutes, then gently lift them out with a slotted spoon. Put them straight into iced water to halt the cooking, then drain in a colander.

Next make the Béchamel. Melt the butter in a saucepan, add the flour and cook until foaming, but do not allow to colour. Slowly whisk in the milk over a high heat and add the seasoning and herbs. Bring to the boil, then turn the heat down and simmer for 10 minutes. Take off the heat, pour through a fine sieve, cover and set aside.

Preheat the oven to 200°C/Gas 6. Pan-fry the mushrooms in a little olive oil, allowing them to colour a little. Add the garlic and season with salt and a little pepper. Scatter the gnocchi and mushrooms into an ovenproof dish, about 20cm x 28cm and 5cm deep, or some individual dishes. Pour over the Béchamel sauce and sprinkle with the cheese. Bake in the oven for 20 minutes until golden brown.

Cockle Risotto with Parsley

Serves 4

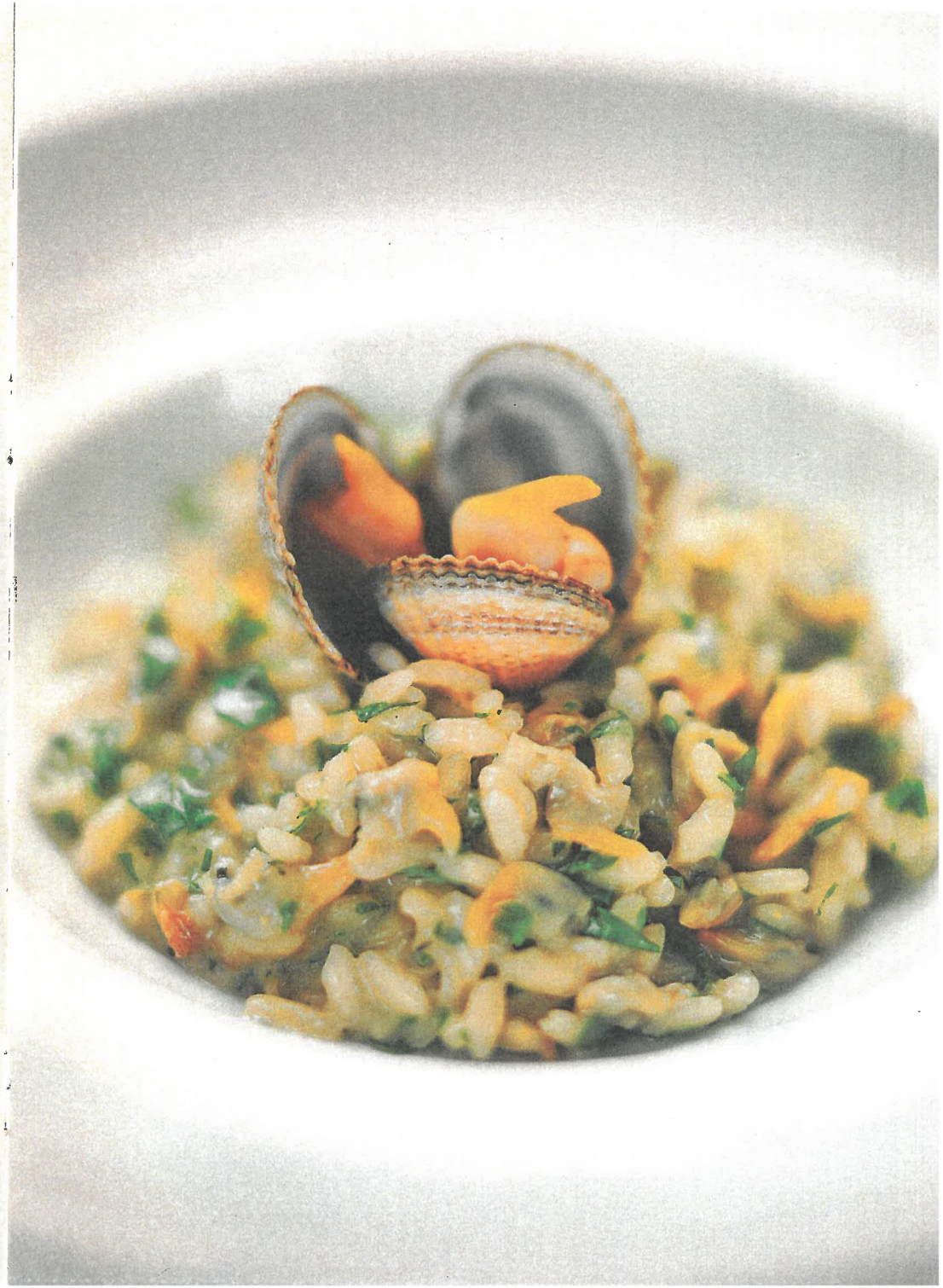
1kg fresh cockles, in their shells
300ml dry white wine
200ml chicken stock (see page 5)
2 shallots, finely chopped
2 tablespoons unsalted butter
175g arborio rice
50g Parmesan cheese, grated
1 tablespoon mascarpone
salt and pepper
30g flat leaf parsley, coarsely chopped

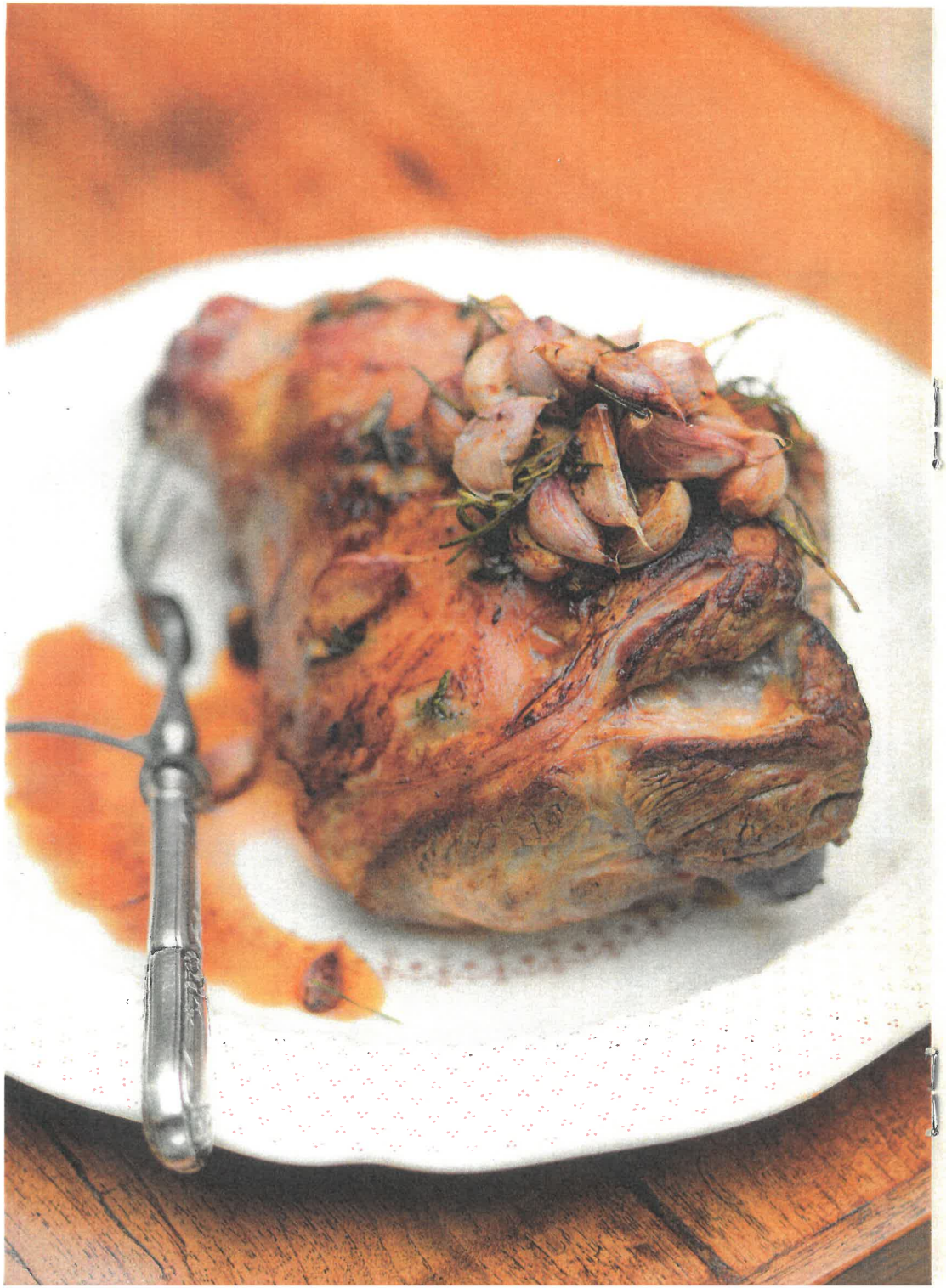
Wash the cockles in several changes of cold water, scrubbing the shells if necessary. Put them in a hot saucepan with 250ml of the wine, cover the pan, and cook over a high heat, shaking the pan from time to time. When all the shells have opened, about 6–8 minutes, drain into a colander set over a bowl to collect the cooking liquid. Remove the cockles from their shells and set aside. Keep some shells for presentation. Bring the stock to the boil in another pan and set aside.

In a heavy-based pan, sweat the shallots in the butter until translucent but not browned. Add the rice and cook for a few seconds, stirring until the rice is translucent.

Pour in the remaining wine and turn up the heat until the wine has evaporated, stirring constantly. Add a ladleful of the hot cockle cooking liquid and reduce the heat to a simmer. Continue adding the cockle liquid, then the hot stock, a little at a time, stirring occasionally, until all the stock is absorbed and the rice is tender.

Remove from the heat and stir in the cockles, Parmesan and mascarpone. Season to taste, add the parsley and one or two cockles in their shells, and serve immediately on warm plates.





Roast Leg of Lamb with Rosemary and Garlic

Serves 6-8

24 small new potatoes, peeled

salt and pepper

1 leg of lamb, about 1.8–2kg

3 tablespoons olive oil

2 heads garlic

2 sprigs rosemary

butter

24 pearl onions, peeled

200ml dry white wine

200ml water

Preheat the oven to 200°C/Gas 6. Parboil the new potatoes in a pan of salted water for 3 minutes. Drain and set aside.

Rub the leg of lamb with a little olive oil, salt and pepper. Peel 3 garlic cloves and cut in half lengthways. Make six incisions in the leg of lamb and insert a piece of garlic and a small piece of rosemary into each one. Break up the rest of the garlic without peeling. Place the lamb in a hot roasting pan with the rest of the olive oil and sear over a medium heat until golden on all sides. Add 2 tablespoons butter and continue to heat until foaming. Put the parboiled potatoes, pearl onions and the rest of the garlic and rosemary into the foaming butter around the lamb. Season and roast in the oven for 10 minutes. Turn the potatoes and onions occasionally and baste the lamb with the fat. Turn the oven down to 190°C/Gas 5 and continue to roast for 45–60 minutes.

Take the meat and vegetables out of the pan and keep warm. Pour out most of the fat and add the wine, followed by the water. Bring to the boil and scrape the pan with a spatula to lift the roasting sugars. Continue to boil and add any juices that have run from the leg of lamb. When reduced by half, whisk in a knob of butter, then pass the sauce through a fine sieve. Serve with the lamb and vegetables.

Roast Rib of Veal Glazed with a Herb Crust

Serves 6

6 ribs of veal, trimmed, 250g each with the bone

salt and pepper

4 tablespoons olive oil

Herb and pepper crust

25g each of basil, chives, parsley, rosemary, tarragon and thyme

25g black and white peppercorns

250g butter, softened

100g beef bone marrow or butter

375g dry white breadcrumbs

150g Gruyère cheese, grated

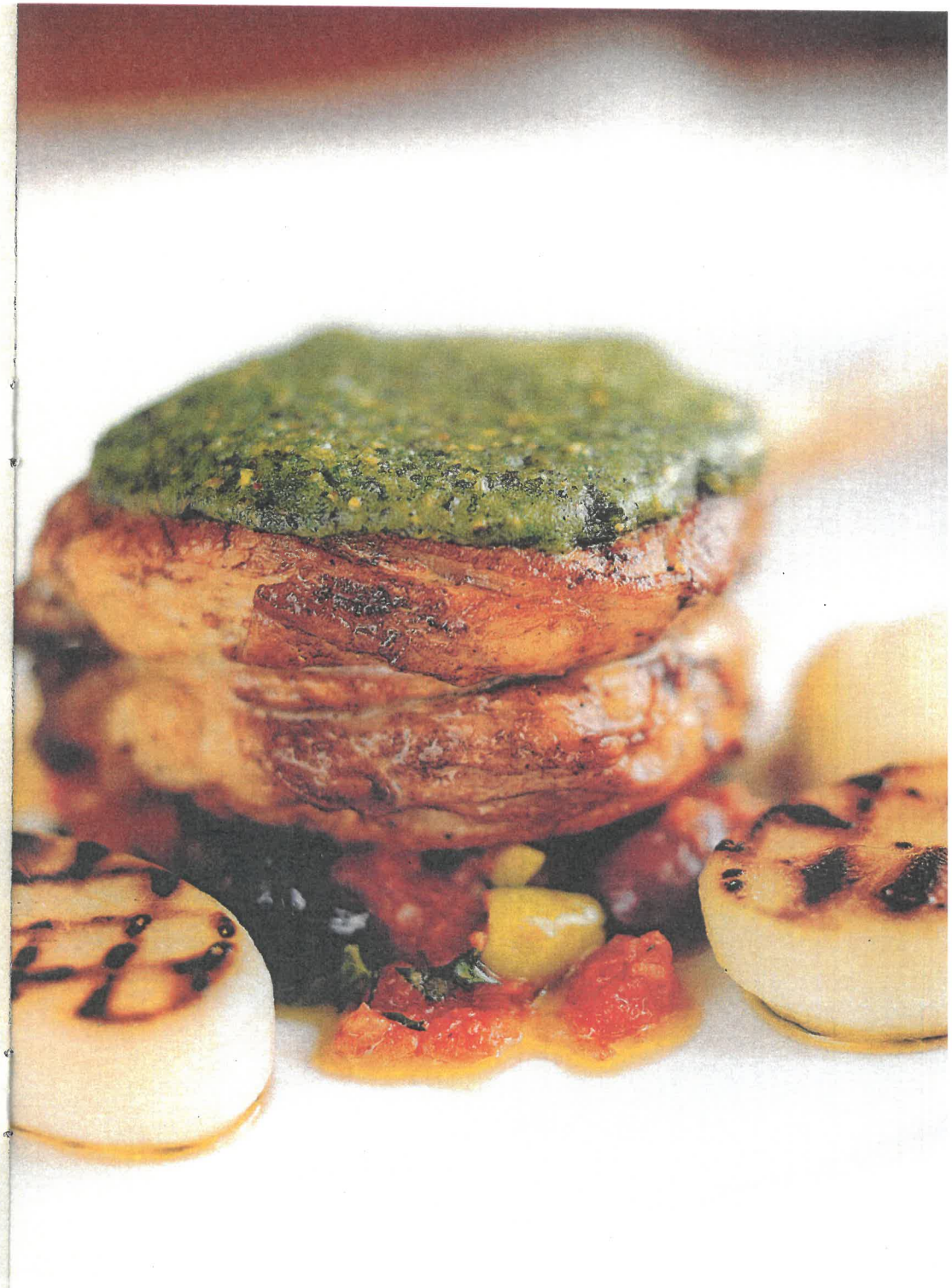
80g Cheddar cheese, grated

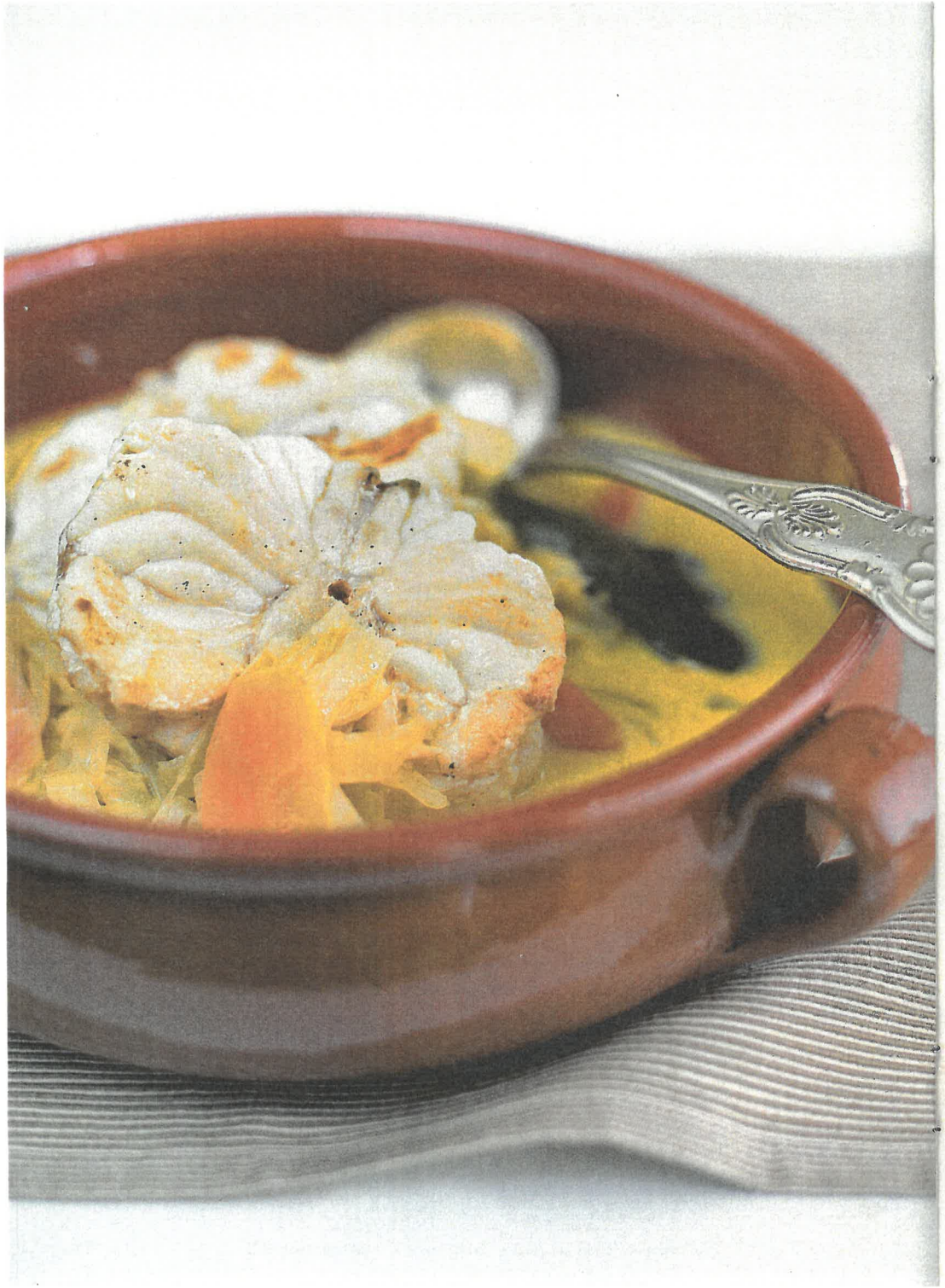
Preheat the oven to 200°C/Gas 6. Season the veal with salt and pepper and place in a heated roasting pan with the olive oil. Seal well on both sides, then place in the oven for 12 minutes – turn after 6 minutes – for pink-cooked meat. Cover with foil and leave to rest in a warm place for 10–15 minutes before serving.

Preheat the grill. Cut 5mm thick slices of the herb crust (see below) and roll it out between two sheets of clingfilm, to the size of the chops – you may have to cut and reshape the crust as the chops are rarely perfect rounds. Put the shaped crust on the chops, then place the chops under the hot grill until the crust bubbles and starts to turn crisp and brown. Serve immediately. You can serve the veal with a tomato and olive sauce and confit potatoes.

Herb and pepper crust

Wash and dry the herbs, then roughly chop. Crush the peppercorns. Put the herbs, peppercorns, butter and all the remaining ingredients into a blender and blend until smooth. Form the mixture into a large sausage shape, wrap in clingfilm and tie both ends. Freeze until ready to use.





Monkfish Stew with Garlic

Serves 6

1.5kg monkfish
4 tablespoons olive oil
2 onions, thinly sliced
2 fennel bulbs, thinly sliced
2 carrots, thinly sliced
1 leek, white only, sliced
2 bay leaves
salt and pepper
250ml dry white wine
150ml water

Aïoli

10 garlic cloves
2 egg yolks
juice of 1 lemon
250ml olive oil
1 teaspoon Dijon mustard

Known as bourride in French, this monkfish stew is a joy to cook and to eat. Mopping up the broth with big chunks of bread at the end tastes almost too good to be true. You will need 250ml aïoli so if there is any left over, cover and keep in the refrigerator for a couple of days.

Clean the monkfish, remove the outer membrane and cut into six equal pieces through the central bone.

Heat a little olive oil in a large pan and sweat the vegetables until tender. Add the bay leaves and a little seasoning. Pour over the wine and water and simmer for about 10 minutes.

Season the monkfish and pan-fry in a non-stick pan over high heat for only 3–4 minutes in total. Remove the fish from the frying pan and add to the vegetables. Cover with a loose-fitting lid and simmer gently for 8–10 minutes. When the monkfish is cooked, remove it with a slotted spoon and set aside. Whisk the aïoli into the vegetable broth. The vegetables should break up and the broth should take on a thick soup consistency. Do not re-boil once the aïoli has been incorporated or it may separate. Serve immediately in deep bowls.

Aïoli

Peel the garlic and remove the central germ from any of the cloves. Place in a mortar or a blender and process, gradually adding all the other ingredients, until you have a smooth paste. Set aside.

Chicken with Honey and Rosemary Baked in a Salt Crust

Serves 4 to 6

Salt crust

1kg plain flour

2 egg whites

3 tablespoons chopped rosemary

450ml water

250g fine table salt

400g coarse sea salt

Chicken

1 good-quality chicken, about 2.2kg

2 tablespoons clear honey

good pinch paprika

pepper

4 chicken livers

100g mixed dry mushrooms, soaked overnight

2 tablespoons butter

6 pure meat pork sausages, skins removed

2 tablespoons fresh breadcrumbs

1 bunch chives, chopped

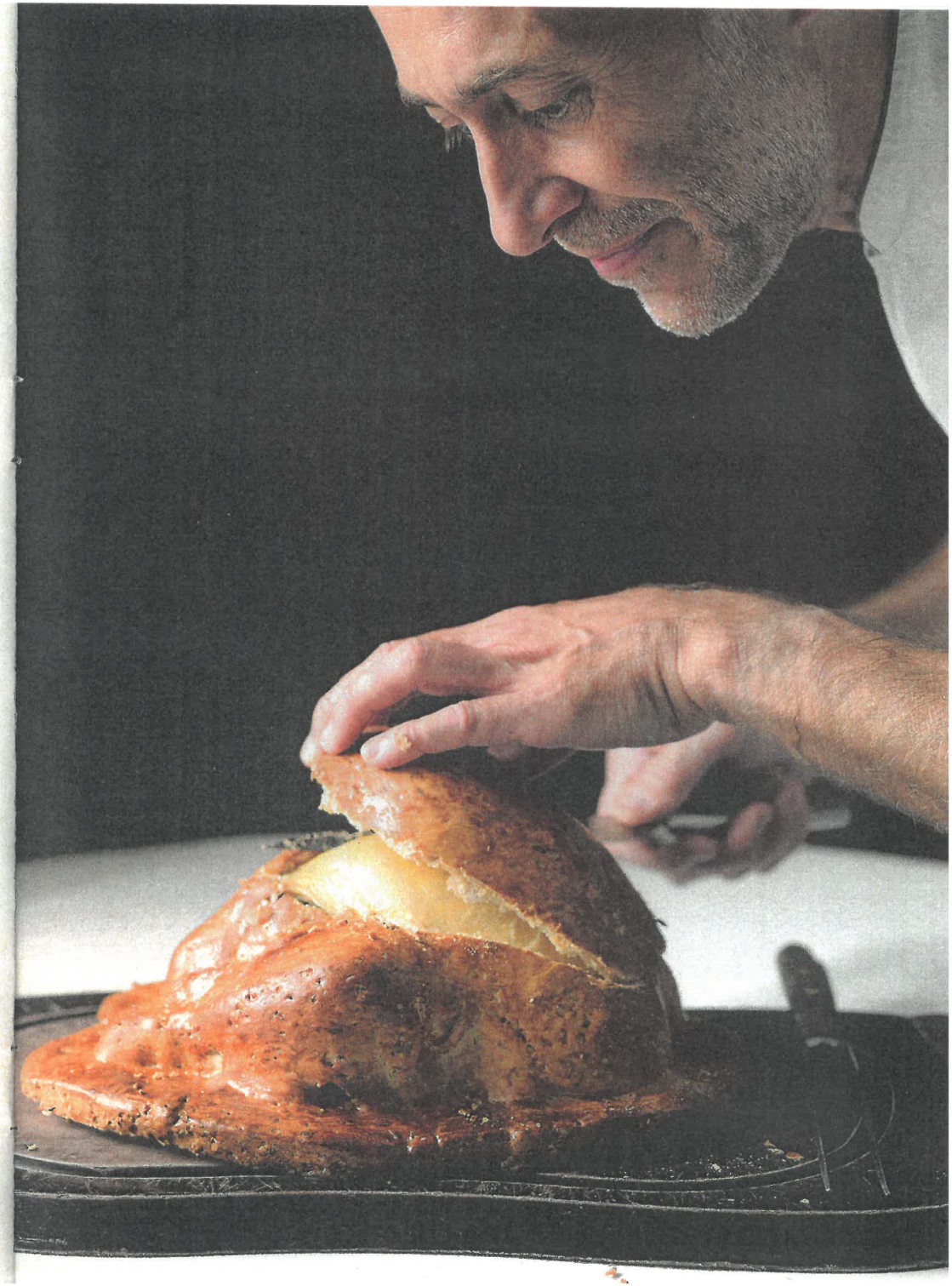
1 egg

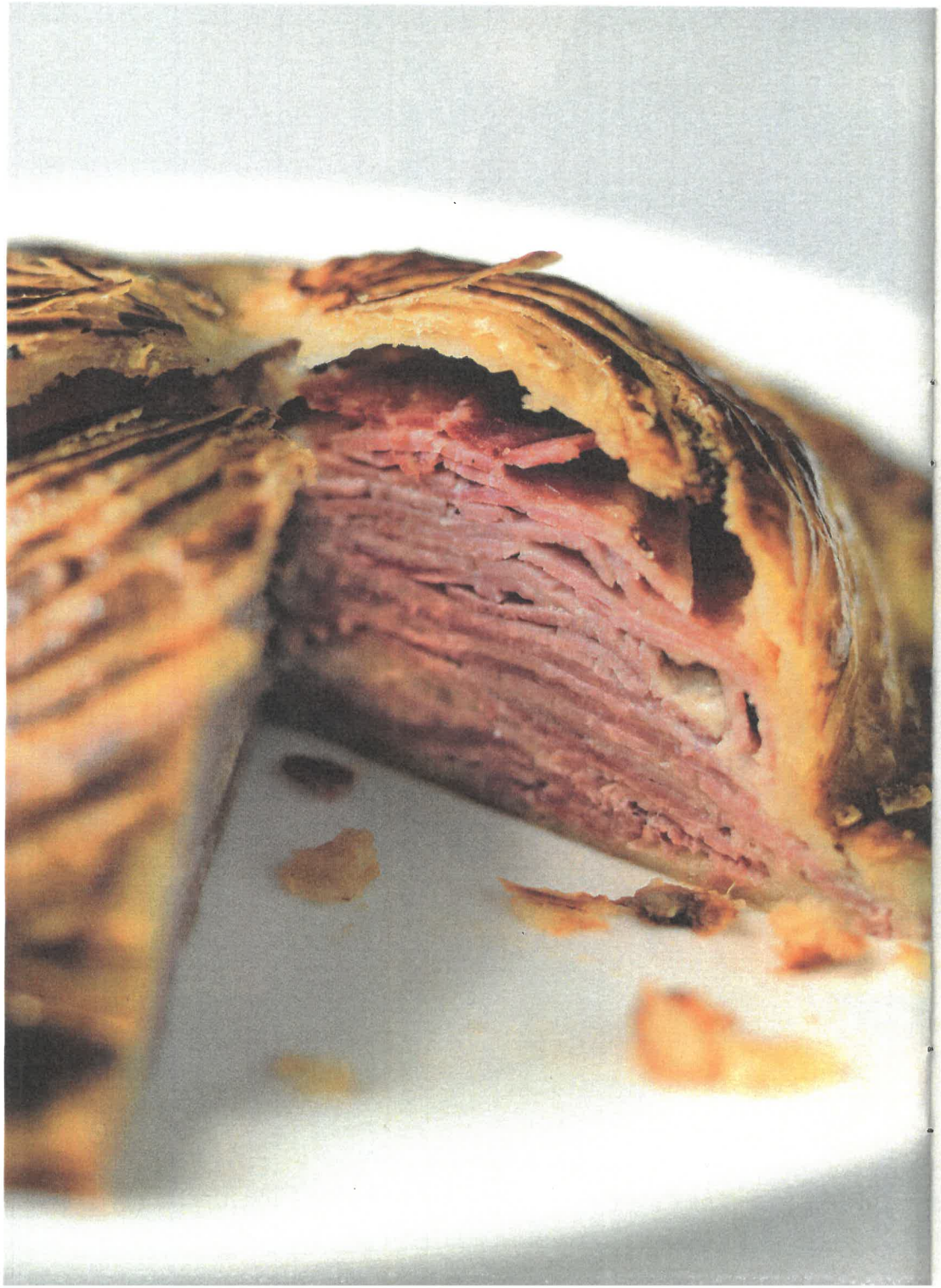
2 sprigs rosemary

Brush the chicken with the honey mixed with paprika and pepper. This is best done the day before and repeated 2 or 3 times. Keep in the refrigerator. To make the salt crust, mix the flour, egg whites and chopped rosemary with the water to form a paste. Add both kinds of salt and knead well for 5 minutes. Wrap in clingfilm and refrigerate.

Trim the livers and remove any membranes or yellow patches. Now cut them into large dice. Drain, rinse and chop the mushrooms and cook them in the foaming butter for 5–6 minutes. Add the livers and continue to cook and stir for 2–3 minutes. When cool, add the sausage meat and mix well with a fork. Then add the breadcrumbs, chives and egg.

When you're ready to cook the chicken, roll out the salt dough and place 2 sprigs of rosemary in the place where the chicken will be. Stuff the chicken with the liver and mushroom mixture, then cover the bird completely with dough, making sure there are no air pockets and it is completely sealed. Bake in a preheated oven at 200°C/Gas 6 for 50 minutes, then leave to rest out of the oven for 15 minutes before breaking open the crust.





Cheese and Ham Pie

Serves 6–8 as a main dish

375g puff pastry

1 egg, beaten

50g mature Cheddar, grated

150g Gruyère or similar, grated

700g good-quality cooked ham, sliced thin

Béchamel sauce

25g butter

25g flour

150ml milk

50ml double cream

salt, pepper, nutmeg

This is great as a main course or as a starter. It is best warm, but also very tasty served cold from the fridge. Good-quality bought puff pastry is fine if you don't want to make your own.

First, make the Béchamel by melting the butter in a saucepan until it foams. Mix in the flour and gently cook over a low heat for 4–5 minutes, not allowing it to colour. With the pan still on the heat, slowly whisk in the milk and cream, then increase the heat and bring to the boil. Keep mixing well to avoid lumps and burning – the sauce should be quite thick. Season lightly with salt but quite generously with pepper and nutmeg. Pour into a container and cover with buttered greaseproof paper to avoid a crust forming. Set the Béchamel aside to cool down completely.

On a lightly floured surface, roll out half of the pastry to a rough circle, about 24cm wide. Roll out another circle about 26cm wide. Cover this one and keep it cold.

Preheat the oven to 200°C/Gas 6. Place the first pastry circle on a baking tray, brush the edges with beaten egg and put a spoonful of Béchamel in the centre of the circle. Spread this over the pastry with a pallet knife or the back of the spoon to within 3-4cm of the edges. Sprinkle over a little cheese, followed by some ham. Repeat these layers until all the ham, cheese and Béchamel have been used up.

Cover the filling with the other sheet of pastry and press down firmly around the edges to seal. Trim the edges neatly, brush with beaten egg and score the top with the point of a knife to decorate. Make a little hole in the centre of the top of the pie to let out the steam. Bake at 200°C/Gas 6 for 30 minutes, then turn the oven down to 180°C/Gas 4 and cook for another 15 minutes. Leave the pie to cool for at least 30 minutes before cutting into slices.

Lamb Tajine

Serves 4-6

1 boned lamb shoulder

2 tablespoons olive oil

2 garlic cloves, chopped

3 onions, chopped

2 teaspoons turmeric, cumin seeds and crushed coriander seeds

1 lemon, cut into 8 wedges

1 tablespoon honey

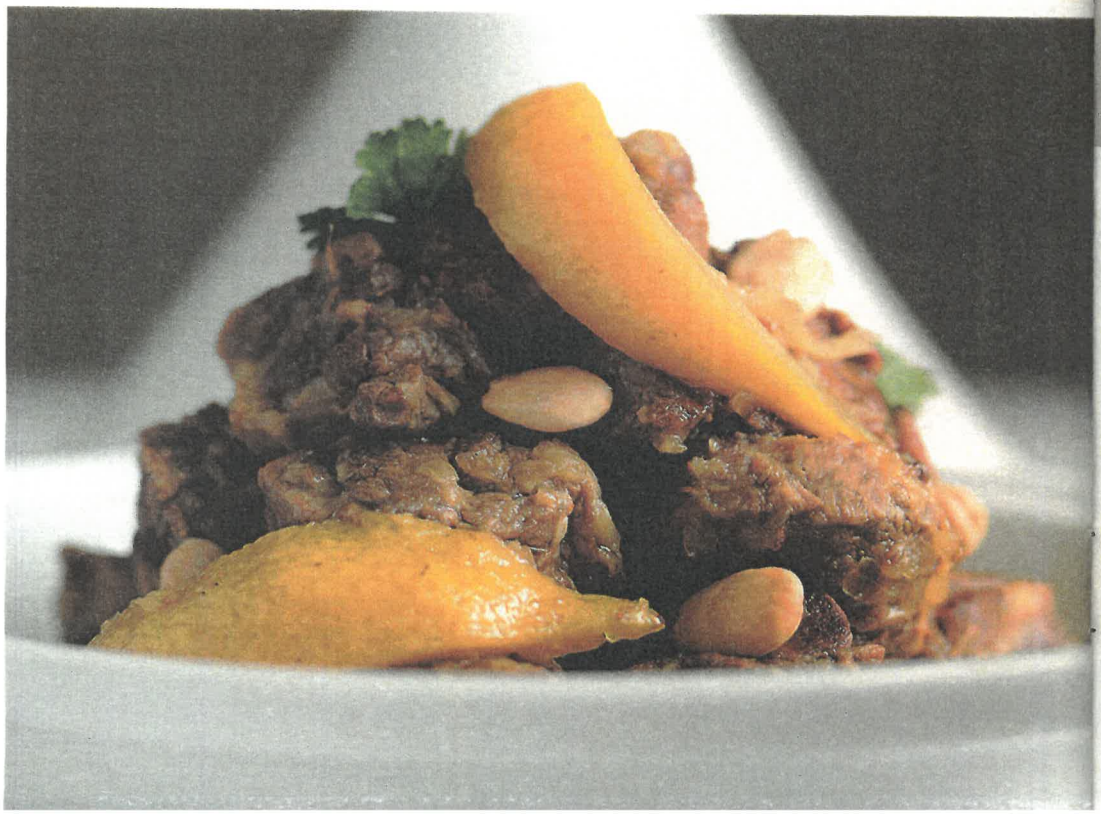
300ml chicken stock (see page 5)

50g whole blanched almonds, toasted

Preheat the oven to 140°C/Gas 1. Cut the lamb into 3cm chunks. Heat the olive oil in a cast-iron casserole dish and pan-fry the lamb until golden. Add the garlic, onions and spices to the dish and continue to cook and stir over a medium heat for about 10–15 minutes.

Add the lemon, honey and stock to the dish and bring to a simmer. Cover and cook in the oven for 1 hour.

Stir in the toasted almonds and serve in traditional tajine dishes if you have them.



Pears in Red Wine

Serves 6

6 pears, still a little firm

1 bottle red wine (Pinot or Gamay)

200g caster sugar

1 cinnamon stick

1 vanilla pod, split

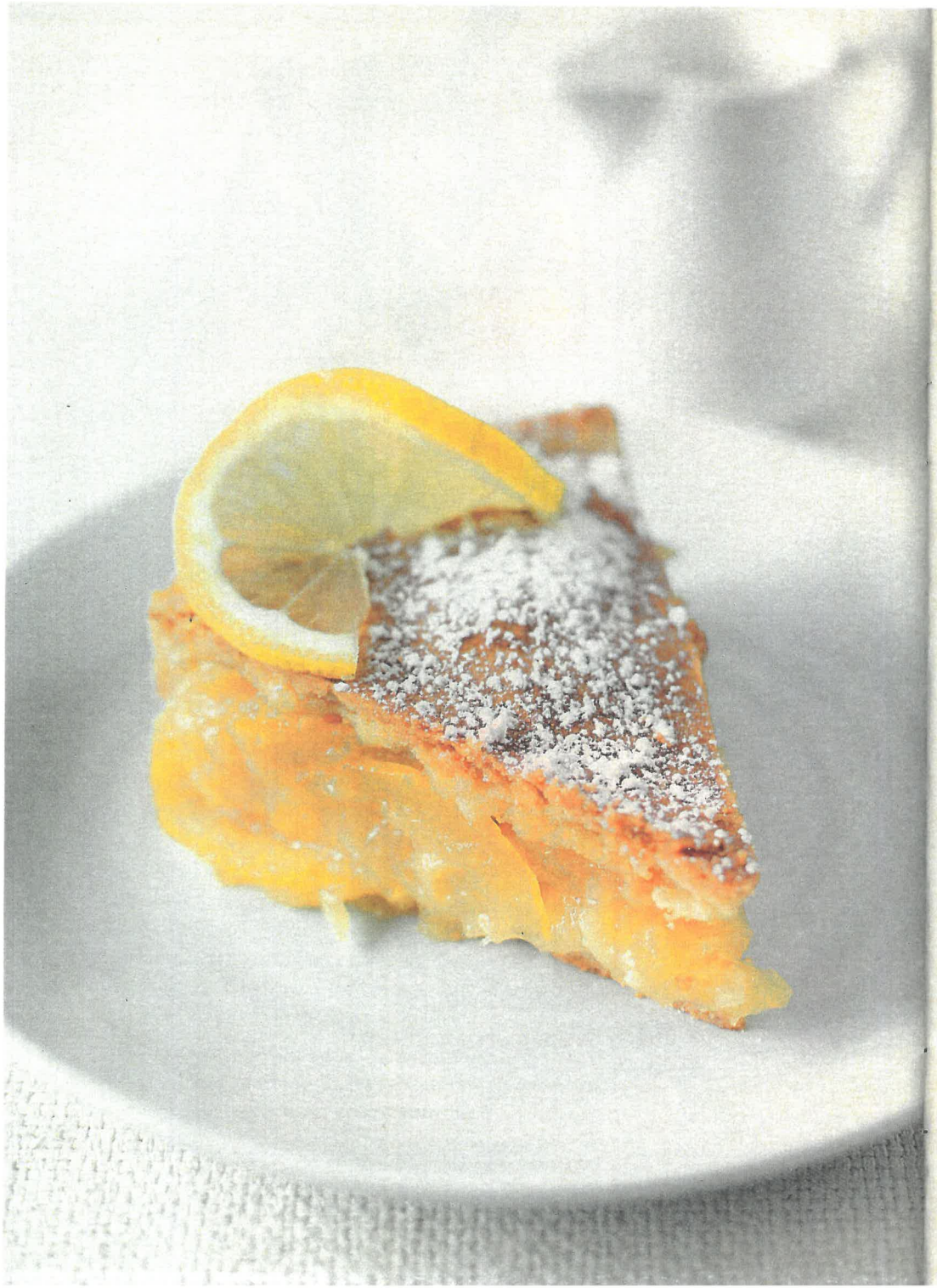
6 black peppercorns

1 strip of orange peel

4 tablespoons crème de cassis

Peel and core the pears, taking care to leave the stalks in place. Put all the remaining ingredients, except the crème de cassis, into a pan and bring to the boil. Add the pears, make sure they are submerged and cover with greaseproof paper. Simmer for 20 minutes or until tender, then leave to cool. Add the crème de cassis and chill in the refrigerator overnight.

If you want a thicker syrup, decant the liquid and boil until it is reduced by a third. Serve with crème fraîche. If you like, decorate the pears with thin strips of orange peel cooked in sugar syrup.



Lemon Pie

Serves 6

Pastry

1 egg

1 tablespoon cream

30g caster sugar

200g butter

400g plain flour

100g ground almonds

1 pinch salt

Filling

3 lemons washed

450g caster sugar

3 eggs

100g demerara sugar

2 heaped tablespoons mascarpone

Pastry

Mix the egg, cream and sugar. Gently incorporate the butter, flour, almonds and salt with your fingertips but do not overwork the dough. Wrap in clingfilm and put in the fridge to rest for 30 minutes.

Roll out two sheets of dough to fit a 20cm tart ring. Butter the tart ring and place on a sheet of greaseproof paper on a baking sheet. Line the tart ring with one sheet of dough, leaving some overlapping.

Filling

Cut the lemons in half lengthways, then slice across as thinly as possible. Put the lemon slices in a bowl with any juice that has run, add the caster sugar and gently mix. Cover and leave to marinate for 12 hours.

Preheat the oven to 230°C/gas 8. Whisk the eggs, demerara sugar and mascarpone together and add to the lemons. Pour the filling into the lined tart ring and cover with the other sheet of dough. Press down the edges to seal and cut off any excess pastry with a knife. Make a small hole in the centre to let out steam. Bake for 10 minutes at 230°C/gas 8, then turn down to 200°C/gas 6 for a further 30 minutes.

Leave to cool before taking out of the tart ring and slicing. Serve with custard or a dollop of crème fraîche.

Roasted Peaches with Pistachios

Serves 4

4 large white peaches

1 tablespoon butter

4 tablespoons caster sugar

juice of 1 lemon

4 tablespoons sweet wine

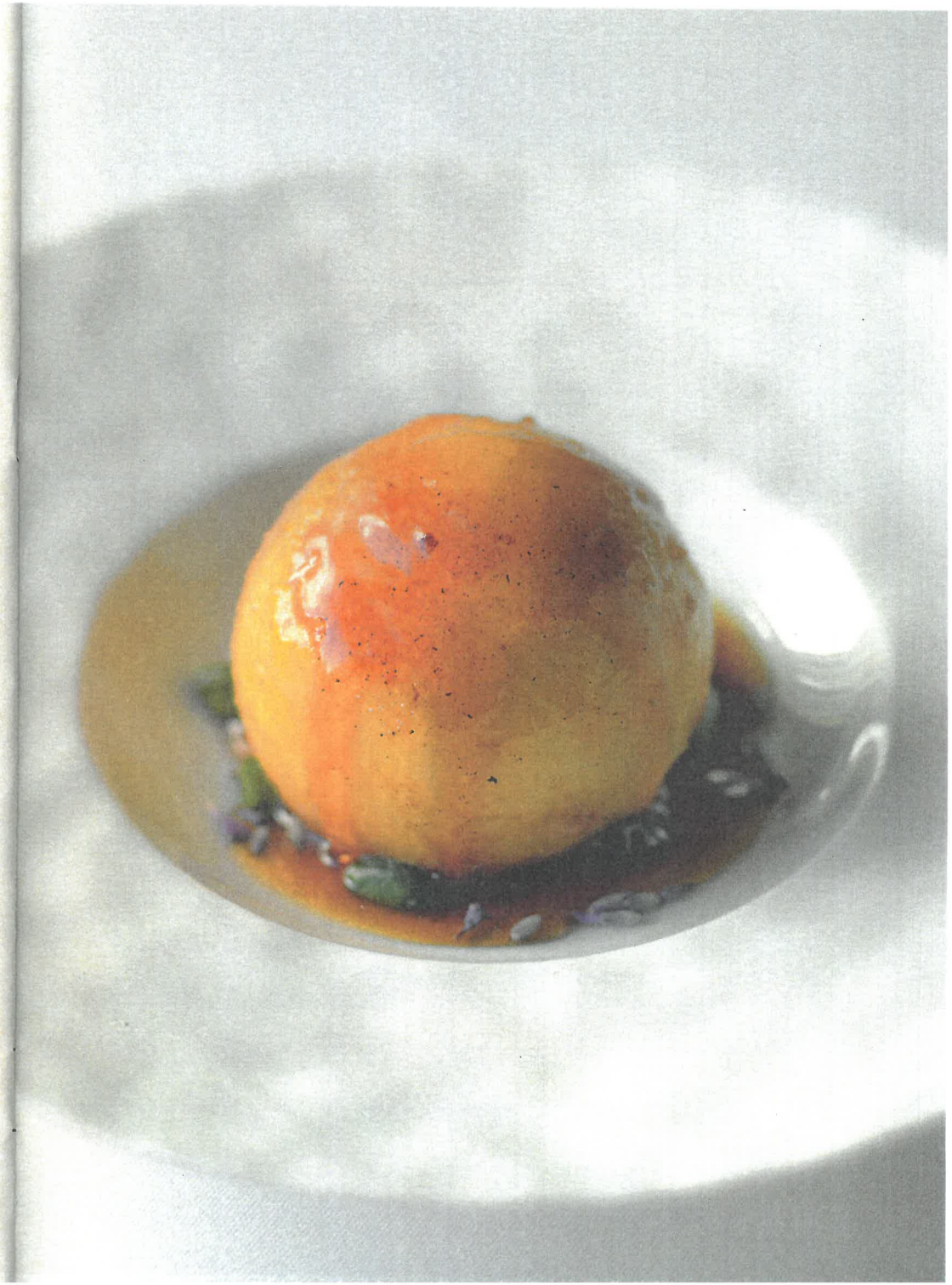
60g pistachios, peeled

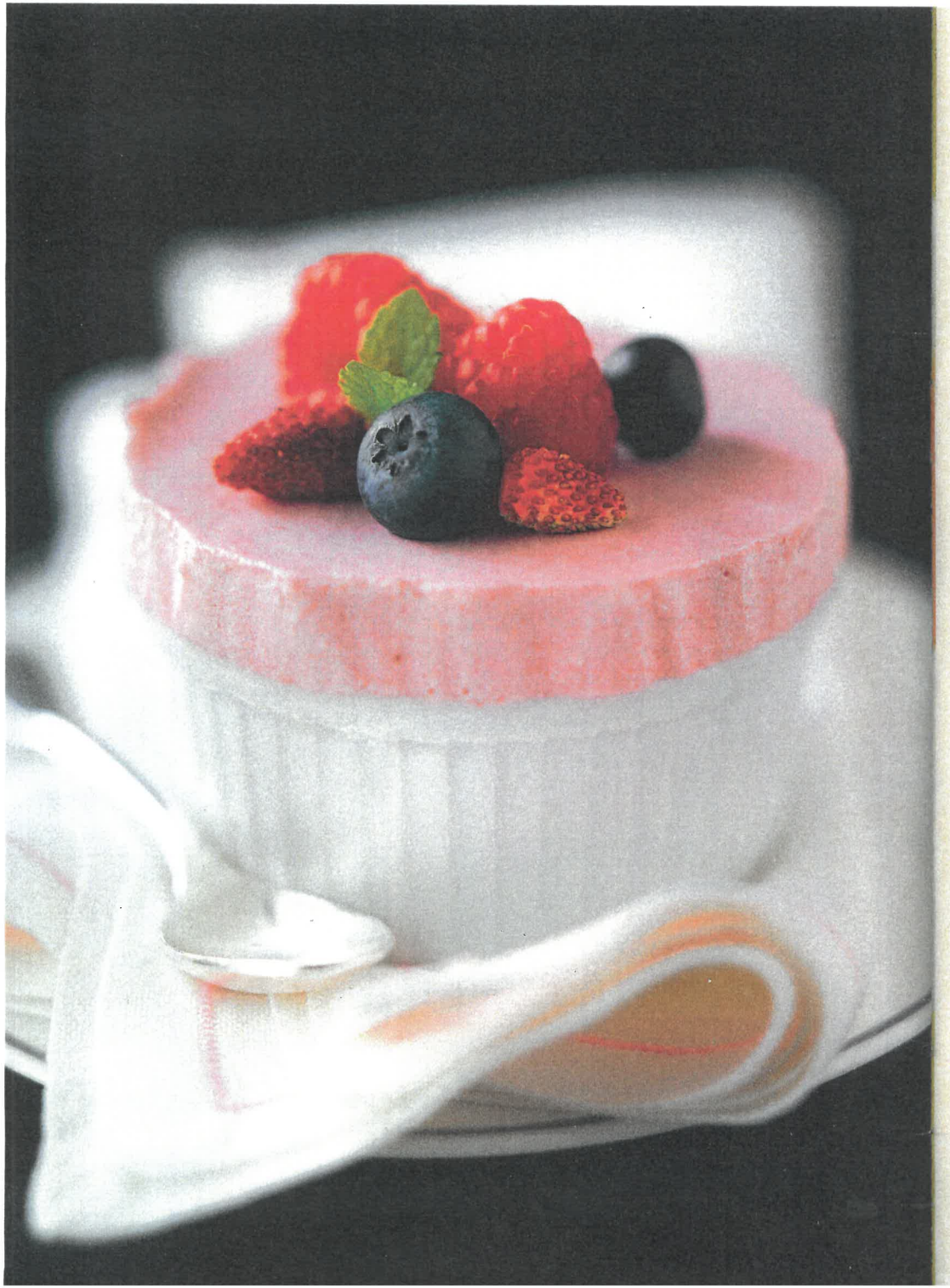
To peel the peaches, place them in boiling water for 20 seconds, then lift out and plunge in iced water to stop the cooking. Drain well and carefully peel off the skin.

Preheat the oven to 180/Gas 4. Heat an ovenproof, non-stick roasting pan on top of the stove. Add the butter and when it's foaming, put in the peaches, navel-side up. When browned turn over and sprinkle with the sugar.

Put the peaches into the oven and bake for 5 minutes, then baste in the cooking juices. Carry on cooking until the peaches are tender, about 15 minutes, basting regularly. Remove the peaches from the pan and keep warm.

Put the pan back on the stove and pour in the lemon juice and wine. Boil for 2 to 3 minutes, then add the pistachios. Pour this onto the peaches and serve hot.





Berry Soufflé

Serves 10

1kg mixed berries (strawberries, raspberries, blueberries, blackcurrants), plus extra to decorate

400g caster sugar

juice of 1 lemon

500ml water

4 egg whites

80ml whipping cream

Hull and, if necessary, wash the fruit. Blend with 150g of the sugar, then pass through a fine sieve and add lemon juice to heighten the taste if required. Prepare 10 individual soufflé dishes (9cm diameter x 6cm deep) by tying a piece of greaseproof paper around the edge to form a collar that stands 5cm above the rim.

In a clean pan, pour in the water and add the remaining 250g of sugar, then leave over a low heat until the sugar has dissolved. When the sugar has completely dissolved, bring to the boil, skim off the foam and cook to 120°C on a sugar thermometer. Put the egg whites into the bowl of an electric mixer and beat until foamy. With the whisk still running, pour the hot sugar directly on to the egg whites, avoiding the beaters. Continue beating until the meringue is cool.

Whip the cream until soft peaks form, and fold into the fruit pulp. Delicately fold in the meringue, then spoon into the prepared soufflé dishes. Freeze for 12 hours.

Decorate with fresh berries and, if you like, serve with a sauce made by puréeing another 500g of berries with 100g caster sugar, sharpening the taste with a little lemon juice.

Vanilla Doughnuts

Makes 36 small doughnuts

225g strong white flour

1 teaspoon salt

15g yeast

25g caster sugar

25g butter

1 whole egg

80ml water

vegetable oil

vanilla sugar for dusting

These doughnuts will keep for a few days, but in my experience they are usually gone within minutes. You can pipe a little blob of jam inside, using a piping bag and nozzle, or even dip them in chocolate. However, in my view, a dusting of vanilla-scented sugar is the best. You will need a deep-fat fryer to make these.

Put all the ingredients, except the oil and vanilla sugar, in the bowl of a food mixer with the dough hook attachment. Knead at low speed for 5 minutes, scraping down the edges when necessary to ensure a smooth and homogeneous dough. Then increase the speed to medium for 1 more minute. Cover and leave to rise for 20 minutes.

Knock the dough back to remove excess air. To do this, remove the dough from the mixer with floured hands and turn it out onto a lightly floured work surface. Knead it roughly for a few minutes until soft, smooth and elastic. Now shape into little balls, approximately 10g each. Place these on a lightly oiled tray and cover with a cloth to keep them from drying out and getting a skin.

Leave for 5–10 minutes to rise again. Heat the vegetable oil in the deep-fat fryer to 180°C and gently drop in the doughnuts, turning them when necessary. Once golden and puffed up, drain and roll in the vanilla sugar.

Vanilla sugar

Take one vanilla pod, split it and place it in 500g of granulated sugar. Cover tightly and leave for a couple of days. Then put the sugar and vanilla pod into a food processor and blitz until the vanilla pod has powdered. You should now have a fine, greyish-looking sugar with black specks. This sugar keeps for months in an airtight container.